



# Friends of Science in Medicine

Newsletter 13 - 17 June 2016

## What's New Since Our Last Newsletter?

### Open Letter to Private Health Insurance Funds

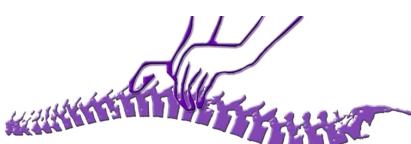


Following the Hospitals Contribution Fund of Australia Limited (HCF) letter to chiropractors informing them that HCF do "[not cover treatments that don't have a strong evidence base](#)", FSM both published an [open letter](#) and wrote to the other private health insurance funds, except the Doctors Health Fund, which does not support complementary and alternative medicine (CAM) interventions, asking them to follow HCF's lead.

BUPA responded that private health insurance was "driven by customer expectations and competitive issues", but were "happy to talk to HCF and other insurers about how they have responded to the chiropractor issue in young children".

### "The Crack Heard Round the World"

In January 2016, a Melbourne-based chiropractor uploaded a video to [YouTube](#) of himself treating a 4-day-old premature infant, for "educational purposes". In the video, the baby cried out with pain when its thoracic spine was manipulated hard enough to cause a loud cracking sound. After the ABC Radio National [story](#) aired, the video was removed but not before it was viewed worldwide over one million times. [Dr Ken Harvey](#) challenged a [second video](#) from another chiropractor which hit back "at medical bullies".



After watching the video, the Victorian Health Minister called [for action against rogue chiropractors](#). As a result, the chiropractor concerned was required to undertake "[not to perform any chiropractic treatment of patients up to the age of 18 years](#)" until and including 2 June 2016.

FSM wrote to the Minister, that, even though chiropractors are aware of the lack of evidence of effectiveness for various treatments, they continue to make claims of benefit and that this is not a "small cohort", but involves hundreds of practices with multiple chiropractors advertising that they can help paediatric conditions.



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The only recognised treatment for scoliosis is body moulding or surgery. Minor degrees of scoliosis are common and do not need treatment. The medical profession, for this reason, has abandoned screening.

In our letter to the Minister, FSM also raised concerns about the infiltration of chiropractic groups offering free scoliosis screening into Victorian primary schools. These chiropractic groups will certainly find trivial abnormalities and then recruit children for prolonged, unnecessary and expensive treatment which might include warnings of dire consequences if their advice is not followed.



## FSM Executive News

### **New Facebook Team Greatly Extends the Reach of FSM**



FSM is delighted at the success of our new Facebook team. Now run by Postdoctoral Research Fellow, [Dr Pallave Dasari](#), the team also includes medial doctors, Lewis Donovan and Chamitha Weerasinghe, and public relations and communications expert, Charles Kooij, whose profiles match that of many of our readers. Their selection of posted items has been reaching up over 100,000 readers per week.



The majority of our 'Fans' are accessing [our Facebook](#) over their mobile phones. Sixty percent, spread evenly between the sexes, are 'Fans' between 25-44 years old.

### **Complementary & Alternative Medicine Blog - (the view of a previous insider)!**

*Frank Van der Kooy : [Naturopaths in Sydney Pharmacies! What Has the World Come To?](#)*

### **Complementary & Alternative Medicine News**

#### **Royal Australian College of General Practitioners**

*Children's Safety*

The Royal Australian College of General Practitioners (RACGP) has called on the government to strip Medicare funding for chiropractic treatment and has asked their members to stop referring patients to chiropractors, warning of the potential risks to children's safety.

They also sent letters to politicians countrywide and to the heads of the Australian College of Nursing, Australian Physiotherapy Association, the Australian Primary Health Care Nurses Association, and the Australian College of Midwives, in their campaign against the chiropractic manipulation of infants. "[The RACGP believe such treatments are professionally irresponsible and continuation of these chiropractic services represents a public safety risk](#)".

FSM wrote to the RACGP to request that they also ask their members to stop referrals for other non-evidence based alternative interventions which target young patients. FSM's concerns relate to osteopaths, traditional Chinese medicine (TCM) practitioners and naturopaths, all of whom claim to be able to diagnose and treat a wide range of illness and disorders in children.



The RACGP has also published a position statement and resources addressing [inappropriate test requests from CAM practitioners](#) and on [homeopathy](#) and they have assured FSM that they will "continue to advocate for evidence-based treatments and against unethical and dangerous practices".

FSM requested other medical associations to ask their members to stop using acupuncture on children and to stop referring children for CAM interventions which lack a strong evidence base, including osteopathy, TCM and naturopathy. Their referrals make them legally responsible for these unproven and potentially dangerous interventions. FSM also wrote to other groups which care for children, including child care workers, midwives and nursing organisations.



**Stop**

# Therapeutic Goods Administration

## Complementary Medicines

On 16 May 2016, [4 Corners 'Supplements and Safety'](#) aired nationally on ABC. A joint investigation by the *New York Times* and the PBS *Frontline* program, the program highlighted problems with the vitamin and supplement industry in the US.



The issues identified are not limited to therapeutic goods sold in the US. Here in Australia, there is also a high level of regulatory non-compliance. When considering 'low risk' goods, the Therapeutic Goods Administration (TGA) relies on the honesty of the manufacturer when it comes to establishing ingredient quality and the manufacturing process. The TGA does *not* test for efficacy.

A TGA post-marketing review indicates that, of 208 random reviews undertaken between Jan 2015 and Feb 2016, 66% were non-compliant, while 122 targeted reviews (done in response to complaints or referrals) had an 87% non-compliance rate. Failure to comply with regulations related mostly to labelling and/or advertising (166 cases) or insufficient evidence (132 cases), while issues with manufacturing, quality and/or formulation were found in 59 cases (17%).

This is a \$1.3b industry in Australia with an [estimated](#) 75% of our population using some form of complementary medicines. These include vitamins, minerals, herbs, probiotics, aromatherapy, homeopathic and 'natural' weight loss products, even though there is [no evidence of clinical efficacy for the majority of them and some can cause harm](#), either directly through liver damage or indirectly, with a recent study finding that users of complementary and alternative medicines are [more likely to skip chemotherapy](#).

Complementary Medicines Australia (CMA) issued a formal pre-to-air complaint against the ABC, with their CEO confirming that they are considering legal action over the show on the basis that it has "no merit in Australia". FSM disagrees.



## Hemaview and Other Invalid Pathology Tests



In their letter to FSM, following FSM's 4 March 2016 meeting with the Therapeutic Goods Administration (TGA), the National Manager stated that nothing substantial can be done to improve consumer protection until the government responds to the [Medicines & Medical Devices Review recommendations](#) and we there have been yet more consultations!

At a face-to-face meeting, the TGA explained that advertising complaints about therapeutic goods are prioritised and actioned in accordance with potential risk to public health and safety. FSM were informed that a number of the advertising complaints submitted by FSM had already been, or were in the process of being, actioned by their advertising complaints unit, and that they are continuing to process outstanding complaints. However, we appreciate that this will take some time, given the high number of websites ([over 750](#)) which we identified. FSM is helping their investigation by providing additional contact information on the identified websites.



750 + Website Advertising Complaints Submitted

The TGA is also unable to provide updates on complaint investigations while they are in progress, but will advise FSM of outcomes when they are finalised. Meanwhile, FSM will continue to monitor the offending websites.

## Universities & TAFEs

### **Behavioural Optometry**

FSM has received a number of complaints from concerned ophthalmologists, refuting the claims made for 'Behavioural Optometry'. We wrote to the RANZCO asking for a position statement on this apparently unscientific intervention.



A 'behavioural optometrist' assesses and treats certain kinds of children's vision problems "by considering a range of factors, including visual, motor and perception skills". Practitioners claim that, by considering vision in the context of other sensory and motor systems, it can be used to investigate and manage the effects of visual information processing on attention and learning. Calling this treatment 'vision therapy', they design special vision-training eye exercises and hand-eye coordination exercises which they claim will help develop children's vision skills to help them reach their full potential. These services attract Medicare rebates.

"An expansion of general optometric practice", is now a recognised area within optometry, claiming to focus on particular areas of practice such as children's vision, sports vision, education and learning difficulties, stroke and head injury, Parkinson's disease and even the prevention of short-sightedness.

Students are encouraged to undertake this training by the peak body, Optometry Australia, as it "adds a string to [their] bow". It is being touted as one of the "fastest developing clinical areas in optometry". Courses are offered by Schools of Optometry at the University of New South Wales and University of Melbourne.

To FSM's knowledge, there are no evidence-based quality publications supporting these costly interventions.

### **Victoria University**

Following FSM's letter to the VC of Victoria University about 'Graduate Certificate in Neonatal & Infant Paediatric Manual Therapy': the unit 'Neonatal and Infant Diagnosis' offered by their College of Health & Biomedicine, **the course was "removed immediately" from the university website following receipt of our letter**. The College explained that the course, which claimed the health benefits of manual therapy for newborn infants, was primarily concerned with upskilling medical diagnostic skills, is not currently offered and should not have been listed on the website.

FSM congratulates the University on its prompt action.



## **RMIT**

FSM wrote to the new Vice-Chancellor of RMIT about their teaching of traditional Chinese medicine (TCM) as this course "urgently needs to be updated to reflect 21st century evidence-based medicine".

'Acupuncture Theory and Practice 1' is aimed at both undergraduate and postgraduate students. The RMIT website claims that students "will learn to accurately locate and trace meridians and points and understanding the functions, indications, contraindications and the anatomical basis of 220 out of 405 acupoints to enable you to apply these clinically." Other unproven TCM modalities that are promoted are cupping, moxibustion and ear pellets.



FSM remains concerned that the teaching of non-existent meridians and acupoints as "fact" will continue to damage the reputation of the RMIT and that their TCM students will later put the health and wellbeing of their patients at risk



Also of concern is their [Chinese Medicine Clinic](#), which claims to be able to treat "a broad range of conditions, including chronic and acute pain, respiratory conditions, digestive complaints, gynaecological conditions, anxiety, allergies, and skin conditions." FSM is unaware of any evidence that TCM interventions are clinically effective for these conditions.

We urged the VC and the Head of School of Health and Biomedical Sciences to address our concerns and to be aware of their ethical, medical and legal responsibilities if, under their jurisdiction, the teaching of unproven and potentially dangerous therapies continues.



### **TAFE Reflexology & Aromatherapy Courses**

Advertised on the [Australian Government, Department of Education and Training, MySkills](#) website are 14 'Reflexology' courses, costing students up to \$17,000, and six 'Aromatherapy' courses, costing up to \$12,000. [VET Fee Help](#) may be available for these courses "to assist eligible students studying higher level vocational education and training (VET) qualifications to pay their tuition fees".

This list of course-providers includes the [TAFE NSW \(Illawarra Institute\)](#) website, which states that they provide "delivery and assessment services for this [reflexology] course". These non-scientific interventions are often included as part of massage, where students learn "[how to provide massage treatments such as hot stone, reflexology and aromatherapy to clients with specific needs.](#)" The course is also run by [TAFESA](#), South Metropolitan TAFE (WA), South Regional TAFE (WA) and [Queensland East Coast TAFE..](#)



Reflexology and aromatherapy were included in the [Review of the Australian Government Rebate on Private Health Insurance for Natural Therapies](#). This review, conducted by the National Health & Medical Research Council, showed that no credible scientific studies were identified demonstrating that any of the [18 natural therapies](#) reviewed were clinically effective for any illness or disorder.



FSM wrote to the SA, NSW, WA and the Federal Ministers for Education, asking them to address "the patent absurdity of the government's allowing the use of taxpayers' money to fund courses and training for those courses when the procedures taught in them are widely discredited and demonstrably scientifically invalid and ineffective". We also asked them to take whatever steps they could "to resist further wasteful government expenditure and to highlight to the general public the absurdity of the current practices and their costs to the average taxpayer."

## **Pharmacy News**

### **Naturopaths in Pharmacies**

In May 2016, a high profile vitamin and supplements company advertised for naturopaths to work as in-store consultants in several Sydney pharmacies. Ian Carr, our FSM Pharmacy Facilitator, was subsequently interviewed and widely quoted in a number of news items, stating that he was "dismayed by the trend of naturopaths employed by supplement companies and pharmacists to work as in-store consultants" and that "[if it wasn't so serious it would be funny](#)". Most of the supplements sold in pharmacies are not evidenced-based



**Unproven & Dangerous Therapies**



The same company recently purchased a Chinese herbal medicine company, whose products are sold in [pharmacies](#). Chinese medicines are characterised as multi-component herbals, "[which means there is increased potential for interactions between these therapeutics and other drugs.](#)"



In July and October 2014, FSM wrote to the [Australian Pharmacy Liaison Forum \(APLF\)](#), the independent group of representatives from all key pharmacy organisations, regarding our concerns about alternative practitioners practising in pharmacies and about patients being referred by pharmacies to related alternative practitioners. FSM's correspondence included a [list of pharmacies](#) advertising naturopathy services, which included Allergy Testing, Detox, Electrodermal Screening, Functional Pathology, Hair Analysis, Heavy Metal Analysis, Homeopathy, Iridology, Kinesiology, Live Blood Analysis, Nail Analysis, Reflexology, Reiki, Stool & Urine Analysis, Tongue Analysis, Tooth Meridian Diagnostic and Zinc taste tests.

The APLF responded that it is not a "regulatory body and therefore does not have the authority to address these matters.

### *Sigma Pharmaceutics Ltd*



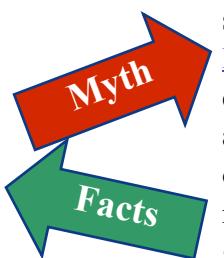
With five retail brands, SIGMA Pharmaceutics Ltd (Sigma) has the largest retail pharmacy footprint in Australia. FSM wrote to Sigma because their pharmacy brand AMCAL website was offering naturopathic advice on over 20 chronic and self-limiting, diseases and disorders, including children's pain, for which they recommended homeopathic medicines and creams and magnetic therapy. Every article published contained information not backed by credible evidence or else omitted proven treatments, and none referred patients to their general practitioners. We asked Sigma to "remove the advice given by all naturopaths on AMCAL and other Sigma retail brand websites" and to bring to the attention of their pharmacists that complementary and alternative medicine interventions, "including naturopathy and homeopathy" lack a strong evidence base.



The Pharmaceutical Society of Australia (PSA) also wrote to the CEO, Sigma, raising their own concerns about the link on children's pain, and received a positive response that he would 'action this through his operations team'. The PSA mentioned the lack of supporting evidence for some of the recommendations on the AMCAL website. They pointed out that pharmacists, as medicines and medication management experts, have a fundamental role in ensuring that consumers have access to

safe and effective medicines. PSA's [Position Statement on Complementary Medicines](#) states that "When discussing the use of complementary medicines with consumers, pharmacists must ensure that consumers are provided with the best available information about the current evidence for efficacy, as well as information on any potential side effects, drug interactions and risks of harm." As the peak body representing pharmacists in Australia, the PSA is concerned to see, on a pharmacy group website, information which ignores current evidence, particularly when described under the tag-line of "expert advice".

PSA's position is "pharmacists must use their professional judgement to prevent the supply of products with no reliable evidence or evidence of no effect." The PSA raised concerns that pharmacists who are part of the AMCAL group could be seen to be endorsing the advice published on their website and requested AMCAL to remove the information from their website.



While they might give sensible dietary and lifestyle advice, naturopaths are not trained in the scientific process. Fundamental to naturopathy are a range of invalid diagnostic techniques such as iridology, pulse and tongue diagnostics. Naturopaths present themselves to patients as equal to general practitioners, but are not trained to diagnose diseases and disorders and they promote practices which are in conflict with human physiology, germ theory and evidence-based medicine.

Naturopaths on the AMCAL website had recommended magnetic therapy, liver 'detoxing' and 'restoration' herbs, and a wide range of unproven homeopathic and herbal remedies to vulnerable patients. 'Cherry picking' low quality or biased research, used to back their claims, was also common.



The AMCAL website link's, which included advice on children's pain and fever, heart bypass, congestive heart failure, heart palpitations, pulmonary embolism, rheumatoid arthritis and Alzheimer's Disease, have now been removed.

A recent [AJP.com.au](#) poll showed that two-thirds of our pharmacists do not support pharmacies supplying naturopathic products and services.

## Australian Health Practitioners Regulation Agency

### *Chiropractic Board of Australia*

The [National Law Act, Section 38](#) states that a National Board may develop and recommend to the Ministerial Council, registration standards about the "scope of practice of health practitioners registered in the profession".

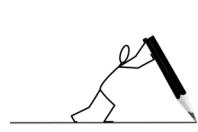


FSM wrote to the Chiropractic Board of Australia (CBA) asking them to write a submission, in line with their March 2016 [advertising communiqué](#), to the Ministerial Council, making recommendations on an acceptable scope of practice for chiropractors and requesting the Council to approve the CBA's enforcing necessary restrictions.



We understand that the 500-plus website links we recently sent to the Australian Health Practitioners Regulation Agency (AHPRA), documenting websites targeting babies and children, implicated nearly 2,000 chiropractors.

Removing their ability to advertise will not stop chiropractors from promoting and practising inappropriate interventions. Even though the CBA cannot change the personal belief systems of individual chiropractors, the CBS is responsible for the standards of clinical care offered by their registrants. This includes their scope of practice.

 FSM also wrote to the Chair, COAG, to whom AHPRA is responsible, asking for "support for legislative change for a definition of scope of practice for registered chiropractors". FSM's letter stated that the CBA must develop and recommend a scope of practice which limits the chiropractic treatment of children to "evidence-based practices relating to musculo-skeletal problems" and asked if COAG could now confirm that the "COAG Health Council would expedite the necessary legislative improvements".



## Chinese Medicine Board of Australia

FSM sent two letters to the Chinese Medicine Board of Australia (CMBA), on acupuncture and traditional Chinese medicine (TCM) diagnostics.



### Acupuncture

Worldwide, acupuncture continues to fail when tested in [high quality clinical trials](#). Most recently, acupuncture was rejected for low back pain by the UK's [National Institute for Clinical Excellence](#).

During the past five years, there were around 30,000 referrals for children, under the age of 16, for acupuncture covered by the Medicare [Medical Benefits Schedule \(MBS\)](#), costing taxpayers in excess of \$1million. While we appreciate that the MBS covers all services by registered medical practitioners, acupuncture is a key component of TCM and that the Medical Board of Australia would undoubtedly be guided by the CMBA on the efficacy and safety of acupuncture in children.



FSM wrote to the CMBA asking the Board to review their Code of Conduct and their website to educate their registrants on the [outcomes of Cochrane Reviews on acupuncture](#) to ensure that they are not targeting young families.

### Traditional Chinese Medicine Diagnostics

Invalid tests can lead, through false diagnosis and unnecessary treatment, to patients' being harmed, not only financially, but even physically .

Based on the notion that ill-health is caused by 'imbalances' of the flow of 'vital energy' (Chi or qi) through alleged pathways called 'meridians', TCM is promoted as "[a comprehensive and non-invasive health care system which is used to effectively diagnose, treat and prevent illness in the body](#)".

FSM wrote a second letter to the CMBA about the claims made for 'pulse and tongue diagnosis' and '[Chinese face reading](#)'. These lack [analytical validity, clinical validity and clinical utility](#), and are therefore unlikely to have relevance to patients' actual health problems.

**Advertising Claims** We asked the CMBA to ensure that their registrants inform their patients on the lack of scientific validity of TCM interventions and that they remove any advertising claims relating to their clinical effectiveness.

## Private Health Insurance

### BUPA

FSM received a positive response from our letter to BUPA (27 April 2016, "Request to withdraw insurance support for interventions that lack a strong evidence base") that they will "review the issues you have raised with both our Health and Benefits team and Medical team to get their view on how we should we respond". FSM replied to BUPA (Request to withdraw insurance support for interventions that lack a strong evidence base, 19 May 2016) asking for a meeting between these teams and Dr Ken Harvey, a panel member of the [Review of the Australian Government Rebate on Private Health Insurance for Natural Therapies](#) published in 2015, which found no evidence of clinical efficacy to support any of the CAM modalities investigated, and Dr John McLennan, a Paediatrician with over 30 years' experience .

### The Hospitals Contribution Fund of Australia Limited

Following their letter to chiropractors that they do "[not cover treatments that don't have a strong evidence base](#)", FSM wrote to The Hospitals Contribution Fund of Australia Limited (HCF) asking them to investigate a range of complementary and alternative medicine (CAM) interventions, and "if they are found wanting, to withdraw insurance support for them" .



Because this initiative has the support of Prof Edzard Ernst, the author of HCF's primary reference, and industry watch-dog, Associate Prof Ken Harvey, FSM invited HCF to contact them. Prof Ernst is the world's leading authority on CAM and Prof Harvey.

### **Osteopathy**

Practitioners who target young families, using 'Osteopathy of the cranial field (OCF)' falsely claim that it is effective for a wide range of childhood illness and disorders. Osteopaths are also using 'paediatric manual therapy' to treat common neonatal and infant conditions. Osteopaths also promote visceral manipulation (VM). No credible scientific studies suggest that any non-musculoskeletal conditions can be treated by manual therapy.

### **Traditional Chinese Medicine**

There is no strong evidence for the clinical effectiveness for acupuncture for childhood illnesses and disorders.

### **Unregistered Practitioners**



The National Health & Medical Research Council (NHMRC) Rebate review found "no case" for 17 'natural therapies' promoted by unregistered practitioners.

We asked the HCF to complete their restructuring by withdrawing insurance support for all CAM modalities which lack a strong evidence base.

## **Chiropractic for Children**

### ***A Special Report from Professor Edzard Ernst***



The doyen of alternative medicine, Professor Edzard Ernst, answers the top fifteen questions on Chiropractic for children.

**1: What can a chiropractic physician do for children that another doctor can't?**

Nothing.

**2: Does chiropractic therapy really work?**

No. The best evidence available today fails to show that chiropractic spinal manipulations work for any childhood condition. If one is generous, one might make an exception for back pain, but even for this symptom, the evidence is flimsy.



**3: What other types of health problems can chiropractic treatment help?**

None.

**4: What does a chiropractic physician do to find children's problems?**

He/she often uses non-validated diagnostic techniques that are prone to give fantasy-results. You might also get extensive X-rays – mostly because the chiropractor wants to pay for the expensive equipment.

**5: What therapies do chiropractic physicians use?**

Chiropractic physicians may use manual and physical therapies, including manipulation of the spine and joints of the arms and legs. Supportive therapies may also include massage, myofascial release, and therapeutic modalities such as ultrasound, electric stimulation and diathermy. Rehabilitative measures are often used such as specific corrective exercises to stabilise your problem.





**6: What is the standard length of treatment?**

This depends mainly on the patient's ability to pay. As a rule of thumb, as many treatments as possible will be given. Many chiro's even advocate 'maintenance treatment', which means children receive regular spinal manipulations even when there is nothing wrong with them. The little porky they give parents as an explanation is that this prevents future illnesses.

**7: Is chiropractic care covered by insurance?**

Because of very active lobbying by chiro interest groups, it may well be.

**8: If I need a referral, how do I ask my doctor to refer me to a chiropractic physician?**

Chiro's are presently trying very hard to be accepted as 'primary care physicians'; this means you can consult them directly without the need of a referral.

**9: If I go see a chiropractor, do I need to keep on going?**

Only if you believe the nonsense about maintenance treatment they often tell you (see above) for which there is not a jot of convincing evidence.



**10: What training do chiropractors have?**

Not enough to realise that their spinal adjustments on children fail to generate more good than harm.

**11: How should I select a good chiropractic physician?**

If you are ill, it's best for children to see a real doctor and avoid chiro's.

**12: Are chiro's really physicians?**

The definition of a physician is : 'A person trained and licensed to practice medicine; a medical doctor'. Therefore, the answer is no.

**13: What are the risks of spinal manipulations or adjustments, the main treatments used by chiro's?**

~50% of all patients have mild to moderate adverse effects that last 2-3 days.

In addition, several hundred cases of severe complications have been noted, including strokes and deaths.



**14: How are such adverse outcomes monitored?**

There is no effective monitoring system at all.

**15: Is such an omission responsible or ethical?**

No.



**The only responsible advice I can think of is this:**

**IF YOUR CHILD IS ILL,  
AVOID CONSULTING A CHIROPRACTOR**

## Recent Relevant Publications by Friends

### 'The Bitter Pill' - Australasian Science

Marko Petrovic

[An EEG Only Scratches the Surface of the Brain](#)

Ken Harvey

[Is Chemmart's myDNA Test Right for You?](#)

### The Conversation

Mick Vagg

[Is the end near for the chiropractic profession as we know it?](#)

Rachael Dunlop

[Supplements are an expensive and potentially toxic lucky dip](#)

### Forbes

Steven Salzberg

[Washington Post's Science Section Descends Into Pseudoscience About Acupuncture](#)

### Edzard Ernst

[11 Hard \(and 4 very hard\) Questions About Chiropractic Physicians](#)  
[Conspiracy theories, assumptions, opinions, evidence and scientific facts](#)  
[Chiropractors, is it not time to abandon SMT?](#)  
[Alternative medicine: where strong beliefs and scientific facts clash](#)  
[Chiropractic treatments are placebos](#)

### Science Based Medicine

Clay Jones

[The Crack Heard Round the World](#)

Scott Gavura

[Is there a naturopathic standard of care?](#)

Jann Bellamy

[What \(if anything\) does "natural" mean?](#)

Steven Novella

[The "It Worked for Me" Gambit](#)

Harriet Hall

[When Headaches Are a Pain in the Neck: Spinal Manipulation vs. Mobilization for Cervicogenic Headache](#)

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